

What is lead?

Lead is a very toxic metal and has been used in many products such as paints, pigments, varnishes, inks, glazes, food containers, and decorative crafts.

Lead was also used in making and recycling batteries, in soldering, welding, smelting and casting.



Lead was used for its durability and its high gloss.

What is lead poisoning?

Lead poisoning is the most common environmental disease in children.

It is not normal to have lead in the body and the body cannot use lead.

What does lead do to the body?

Lead harms the brain and makes it harder to learn, to pay attention, and can cause behavioral problems.

Lead can also harm the nervous system, the kidneys, the immune system, and the reproductive system.

Death can occur but is very rare.

ANY DAMAGE CAUSED BY LEAD IS IRREVERSIBLE!



City of Long Beach
Department of Health and
Human Services
Childhood Lead Poisoning
Prevention Program
and
Lead Education Outreach
Program

2525 Grand Avenue
Long Beach, CA 90815

(562) 570-4203 English
(562) 570-7973 Khmer

For Medi-Cal Information:
(562) 570-7979

Keeping Your Children Lead Free



Signs and symptoms of lead poisoning.

- Common signs and symptoms:
 - Irritability
 - Loss of appetite
 - Paleness
 - Stomach aches
 - Vomiting
 - Constipation
- Most children with lead poisoning do not look, feel, or act sick.
- **THE ONLY WAY TO KNOW IF A CHILD HAS LEAD IN THE BLOOD IS TO DO A BLOOD LEAD TEST.**

Common Sources of Lead

- Paint, dust, and dirt inside and outside of homes and buildings built before 1978.
- Pots and dishes that are old, handmade, made of clay or are made in other countries.
- Work clothes of people who work with radiators, batteries, solder or welding, or remove paint from buildings or furniture.
- Home remedies (bright orange, yellow, or white powders).
- Imported candies.
- Children's jewelry.

How can I protect my child?

- Ask your doctor to test your child for lead at both ages 1 and 2.
- Wash your child's hands before meals and bedtime, and after playing.
- Clean toys with a damp cloth
- Wet-mop hard floors, do not sweep.
- Dust home with a damp cloth.
- Feed your child foods high in iron and calcium.

Blood Lead Levels

Blood may be taken from a finger prick (capillary) or from a vein in a child's arm.

IMPORTANT!
The normal blood lead level is 0 (zero) mcg/dL (no lead in the blood).



Blood Lead Levels

0-4 mcg/dL	<ul style="list-style-type: none"> • This level is OK. • <u>NO</u> LEAD is normal. • Retest again at 2 years of age (if test was done at 1 year) or if child is exposed to lead.
5-9 mcg/dL*	<ul style="list-style-type: none"> • The child is exposed to lead • At this level, lead can harm the child's brain. • Consult with the doctor. • Test again in 3-6 months if child is under 6 years of age.
10-14 mcg/dL*	<ul style="list-style-type: none"> • Retest after 3-6 months. • Consult the doctor. • Contact lead program at Health Department.
15-19 mcg/dL*	<ul style="list-style-type: none"> • Moderate exposure to lead. • Retest in 1-3 months. • Contact Public Health Nurse at (562) 570-4203.
20-44 mcg/dL*	<ul style="list-style-type: none"> • Moderate to high exposure to lead. • Retest every 3-6 months. • Health department will send environmental inspector and public health nurse.
Above 44 mcg/dL*	<ul style="list-style-type: none"> • This is a very serious medical emergency! • The child needs a complete <u>medical evaluation and treatment</u> NOW! • Follow doctor's recommendations for retesting.
*	<ul style="list-style-type: none"> • See "How can I protect my child" section in this brochure. • Contact the Childhood Lead Poisoning Prevention Program for more information.